

2022 Outdoor Rankings Senior Women

Time/Dist		Athlete			Date	Location
100 Meters						
		Native Outdoor	11.58	Jul-04-03	Jenni Hucul	STFC
		Open Outdoor	11.50	Aug-11-75	Patricia Loverock	BC
11.40	1.7	Michelle Harrison	92	STFC	03-07-2022	Edmonton
12.20	-0.5	Kailee Woitas	02	UofR	16-08-2022	Niagara
12.37	-0.5	Kendra Farmer	99	RWAC	22-07-2022	Sherwood Park
12.44	-0.5	Paige Willems	02	STFC	22-07-2022	Sherwood Park
12.55	0.3	Heidi Branning	01	URTC	14-05-2022	Regina
12.63	0.3	Hannah Hagerty	01	URTC	14-05-2022	Regina
12.63	0.3	Sara Kozan	02	URTC	14-05-2022	Regina
12.63	1.4	Emnet Nixon	02	UofR	10-06-2022	Saskatoon
12.73	-0.7	Timi Adelugba	02	STFC	22-07-2022	Sherwood Park
12.77	-0.7	Brianna Andrews	00	RWAC	22-07-2022	Sherwood Park
12.87	-0.9	Kaylee Inisky	00	STFC	10-06-2022	Saskatoon
13.85	0.3	Renae Ryan	00	EXCL	14-05-2022	Regina
Wind/No Wind						
12.14	2.1	Kailee Woitas	02	URTC	31-05-2022	Saskatoon
12.27	3.1	Kendra Farmer	99	RWAC	31-05-2022	Saskatoon
12.53	2.2	Heidi Branning	01	URTC	07-05-2022	Kamloops
12.59	2.5	Brianna Andrews	00	RWAC	08-07-2022	Calgary
12.60	2.1	Hannah Hagerty	01	URTC	31-05-2022	Saskatoon
12.67	2.1	Rebecca Barkway	99	STFC	31-05-2022	Saskatoon
Athlete with a Disability						
15.16	0.3	Lindsay Kinnear	88	EXCL	14-05-2022	Regina
16.39	0.5	MacKinley Gader	00	SOSK	10-06-2022	Saskatoon
17.32	1.0	Madalyn Gramiak	00	SOSK	16-08-2022	Niagara
18.61	-0.8	Jessica Frotten	88	CRTC	22-06-2022	Langley

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Time/Dist	Athlete	Date	Location
200 Metres			
Native Outdoor	23.13 Jun-24-01	L. Antoine-Watkins	RAT/22.8h May-29-76 J. McTaggart UofS
	Open Outdoor	22.85 Aug-02-81	Angela Taylor ON
23.86	-0.3 Michelle Harrison	92 STFC	29-04-2022 Irvine, CA
24.60	1.0 Jansen Ziola	99 UNSK	16-04-2022 Long Beach
24.70	-0.1 Kendra Farmer	99 RWAC	10-06-2022 Saskatoon
25.02	1.2 Nicole Ostertag	00 STFC	15-05-2022 Ottawa
25.09	-1.6 Paige Willems	02 STFC	16-08-2022 Niagara
25.54	0.9 Joely Welburn	99 UofR	22-07-2022 Sherwood Park
25.64	2.0 Timi Adelugba	02 STFC	22-07-2022 Sherwood Park
25.95	-0.1 Emnet Nixon	02 UofR	10-06-2022 Saskatoon
26.17	1.1 Brianna Andrews	00 RWAC	08-07-2022 Calgary
27.88	0.1 Alyson Edwards	00 UofR	15-05-2022 Calgary
29.27	1.1 Renae Ryan	00 EXCL	14-05-2022 Regina

Wind/NoWind/Hand Time

24.67	2.1 Paige Willems	02 STFC	16-08-2022 Niagara
25.82	2.2 Emnet Nixon	02 UofR	10-06-2022 Saskatoon

Athlete with a Disability

34.60	-1.8 MacKinley Gader	00 SOSK	10-06-2022 Saskatoon
36.81	0.9 Madalyn Gramiak	02 SOSK	16-08-2022 Niagara

400 Metres

Native Outdoor	50.92 Sep-23-00	LaDonna Antoine	RAT
Open Outdoor	50.92 Sep-23-00	LaDonna Antoine	RAT

55.18	Kendra Farmer	99 RWAC	08-06-2022 Guelph
57.23	Paige Willems	02 STFC	22-06-2022 Langley
1:02.30	Kaitlyn Harrison	01 STFC	14-05-2022 Regina
1:05.03	Alyson Edwards	00 UofR	24-07-2022 Sherwood Park
1:06.88	Madelyn Kaban	02 URTC	10-06-2022 Saskatoon
1:31.76	Rayne Butler-Siemens	00 STFC	10-06-2022 Saskatoon

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400 Metres - Cont'd

Athlete with a Disability

1:02.04	Jessica Frotten	88	CRTC	22-06-2022	Langley
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800 Metres

Native Outdoor	2:00.88	Aug-14-21	Julianne Labach	STFC
Open Outdoor	2:00.88	Aug-14-21	Julianne Labach	STFC

2:03.59	Adrea Propp	92	UNSK	03-07-2022	Edmonton
2:03.65	Julianne Labach	96	UNSK	22-06-2022	Langley
2:09.59	Courtney Hufsmith	98	UNSK	16-06-2022	Victoria
2:11.67	Kaitlyn Harrison	01	STFC	16-08-2022	Niagara
2:12.77	Kaila Neigum	99	UofR	22-07-2022	Sherwood Park
2:14.69	Jasmine Fehr	99	STFC	22-06-2022	Langley
2:18.16	Nicole Ostertag	00	STFC	15-05-2022	Ottawa
2:18.55	Jaira Cross Child	01	STFC	22-06-2022	Langley
2:21.44	Rayne Butler-Siemens	00	STFC	31-05-2022	Saskatoon
2:21.56	Ellison Kozan	02	URTC	31-05-2022	Saskatoon
2:27.20	Madelyn Kaban	02	URTC	10-06-2022	Saskatoon

1500 Metres

Native Open	4:10.25	Aug-2-19	Courtney Hufsmith	STFC
Open Outdoor	4:10.25	Aug-2-19	Courtney Hufsmith	STFC

4:18.69	Julianne Labach	96	UNSK	14-05-2022	Burnaby
4:22.19	Courtney Hufsmith	98	UNSK	22-06-2022	Langley
4:23.26	Jessica Furlan	90	UNSK	15-04-2022	Azuza, CA
4:25.19	Kaila Neigum	99	UofR	08-07-22	Portland, OR
4:27.73	Jasmine Fehr	99	STFC	16-08-2022	Niagara
4:30.70	Chloe McEachern	00	UNSK	30-04-2022	Des Moines, IA
4:32.72	Jenna McFadyen	02	STFC	22-07-2022	Sherwood Park
4:35.51	Jaira Cross Child	01	STFC	22-06-2022	Langley
4:36.03	Kaitlyn Harrison	01	STFC	31-05-2022	Saskatoon
5:04.69	Sheridan Lillyman	92	RIVA	17-07-2022	Edmonton
5:10.70	Ellison Kozan	02	URTC	10-06-2022	Saskatoon

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1500 Metres - Cont'd

5:31.64	Morgan Elkew	02 UofR	14-05-2022 Regina
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Athlete with a Disability

3:58.15	Jessica Frotten	88 CRTC	22-06-2022 Langley
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5000 Metres

Native Open 15:46.76 Apr-18-09 Danette Doetzel QCS
 Open Outdoor 15:46.76 Apr-18-09 Danette Doetzel QCS

16:56.66	Chloe McEachern	00 UNSK	09-04-2022 Oxford, MS
17:06.77	Jasmine Fehr	99 STFC	16-08-2022 Niagara
17:08.61	Jenna McFadyen	02 STFC	16-08-2022 Niagara
19:04.99	Jaira Cross Child	01 STFC	10-06-2022 Saskatoon

100m Hurdles

Native Outdoor 12.93 May-28-16 Brianne Theisen-Eaton UNSK
 Open Outdoor 12.93 May-28-16 Brianne Theisen-Eaton UNSK

12.74	0.3	Michelle Harrison	92	STFC	24-07-2022	Eugene, OR
13.41	-0.4	Nicole Ostertag	00	STFC	22-06-2022	Langley
13.48	0.4	Astrid Nyame	94	RWAC	22-06-2022	Langley
13.98	1.8	Jansen Ziola	99	UNSK	29-04-2022	Pocatello, ID
14.09	2.0	Joely Welburn	99	UofR	22-07-2022	Sherwood Park
14.68	-0.9	Rebecca Barkway	99	STFC	10-06-2022	Saskatoon
14.81	-0.9	Timi Adelugba	02	STFC	10-06-2022	Saskatoon

Wind/No Wind

13.31	2.3	Astrid Nyame	94	RWAC	29-May-22	London, ON
13.71	2.7	Jansen Ziola	99	UNSK	11-05-2022	Pocatello, ID
16.95	2.3	Alyson Edwards	00	UofR	15-05-2022	Calgary

2022 Outdoor Rankings

Senior Women

Time/Dist	Athlete			Date	Location
400m Hurdles					
	Native Outdoor	56.10	Jul-11-83	Gwen Wall	RIVA
	Open Outdoor	56.10	Jul-11-83	Gwen Wall	RIVA
59.41	Adrea Propp	92	UNSK	22-06-2022	Langley
1:00.71	Jansen Ziola	99	UNSK	11-05-2022	Pocatello, ID
1:07.32	Alyson Edwards	00	UofR	16-08-2022	Niagara
3000m Steeplechase					
	Native Outdoor	9:33.45	Jul-19-14	Jessica Furlan	EXCL
	Open Outdoor	9:33.45	Jul-19-14	Jessica Furlan	EXCL
9:34.32	Jessica Furlan	90	UNSK	19-05-2022	Walnut, CA
10:27.61	Jenna McFadyen	02	STFC	22-06-2022	Langley
10:35.58	Kaitlyn Harrison	01	STFC	16-08-2022	Niagara
High Jump					
	Native Outdoor	1.89m	May-30-15	Brianne Theisen-Eaton	UNSK
	Open Outdoor	1.89m	May-30-15	Brianne Theisen-Eaton	UNSK
1.71m	Nicole Ostertag	00	STFC	10-06-2022	Saskatoon
1.68m	Victoria Spurr	02	STFC	10-06-2022	Saskatoon
1.57m	Alyson Edwards	00	UofR	15-05-2022	Calgary
1.50m	Adlgessa Yowin	02	STFC	10-06-2022	Saskatoon
Pole Vault					
	Native Outdoor	4.55m	Jul-12-05	Kelsie Hendry	RIVA
	Open Outdoor	4.55m	Jul-12-05	Kelsie Hendry	RIVA
3.60m	Sierra Leonard	01	STFC	10-06-2022	Saskatoon
3.00m	Taylor de Jong	99	STFC	22-07-2022	Sherwood Park

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Time/Dist		Athlete			Date	Location
Long Jump						
		Native Outdoor	6.72m	May-31-15	Brianne Theisen-Eaton	UNSK
		Open Outdoor	6.72m	May-31-15	Brianne Theisen-Eaton	UNSK
6.05m	0.0	Joely Welburn	99	URTC	22-07-2022	Sherwood Park
5.98m	0.0	Nicole Ostertag	00	STFC	22-07-2022	Sherwood Park
5.92m	1.2	Astrid Nyame	94	RWAC	29-05-2022	London, ON
5.90m	-0.4	Jansen Ziola	99	UNSK	11-05-2022	Pocatello, ID
5.78m	1.1	Erika Stockhorst	98	URTC	29-05-2022	London, ON
5.78m	1.2	Hannah Hagerty	01	URTC	10-06-2022	Saskatoon
5.38m	-0.3	Sara Kozan	02	URTC	14-05-2022	Regina
5.26m	1.1	Victoria Spurr	02	STFC	10-06-2022	Saskatoon
5.23m	1.7	Kaylee Inisky	00	STFC	10-06-2022	Saskatoon
5.21m	1.4	Kailee Woitas	02	URTC	31-05-2022	Saskatoon
5.20m	1.0	Heidi Branning	01	URTC	10-06-2022	Saskatoon
4.40m	1.2	Renaë Ryan	00	EXCL	14-05-2022	Regina
Wind/No Wind						
6.12m	2.5	Astrid Nyame	94	RWAC	29-May-22	London, ON
5.86m	2.1	Erika Stockhorst	98	URTC	21-05-2022	Windsor
5.43m	3.4	Sara Kozan	02	URTC	31-502-22	Saskatoon
5.24m	2.4	Heidi Branning	01	URTC	31-502-22	Saskatoon
Athlete with a Disability						
4.08m	1.8	Lindsay Kinnear	88	EXCL	14-05-2022	Regina
Triple Jump						
		Native Outdoor	12.74m	Apr-30-94	Tracy Dulmage	RAT
		Open Outdoor	12.74m	Apr-30-94	Tracy Dulmage	RAT
12.00m	0.3	Erika Stockhorst	98	UofR	21-05-2022	Windsor, ON
10.02m	-1.4	Adlgeessa Yowin	02	STFC	10-06-2022	Saskatoon

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Triple Jump - Cont'd

Wind/No Wind

11.20m	2.7	Jada Roach	01	STFC	15-07-2022	Saskatoon
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Shot Put 4kg

Native Outdoor	17.88m	Apr-04-16	Taryn Suttie	UNSK
Open Outdoor	17.88m	Apr-4-16	Taryn Suttie	UNSK

13.27m	Nicole Ostertag	00	STFC	15-07-2022	Saskatoon
11.72m	Nicole Kramchynsky	01	UNSK	22-07-2022	Sherwood Park
11.67m	Kira Comfort	02	STFC	10-06-2022	Saskatoon
10.12m	Alyson Edwards	00	UofR	15-05-2022	Calgary
6.51m	Morgan McMahon	93	STWS	14-05-2022	Regina

Discus 1kg

Native Outdoor	57.70	Sep-08-88	Gale Dolegiewicz	TMSK
Open Outdoor	57.70	Sep-08-88	Gale Dolegiewicz	TMSK

38.67m	Nicole Kramchynsky	01	UNSK	02-04-2022	Vermillion, SD
31.79m	Kira Comfort	02	STFC	15-07-2022	Saskatoon

Hammer 4kg

Native Outdoor	61.74m	Jun-18-06	Megan Reid	STFC
Open Outdoor	62.15m	Aug-9-09	Heather Steacy	TM AB

48.40m	Jennifer Weber	96	RWAC	20-05-2022	Lethbridge
45.10m	Naomi Klassen	01	UNSK	20-05-2022	Lethbridge
40.65m	Nicole Kramchynsky	01	UNSK	09-04-2022	Bismark, ND
23.09m	Morgan McMahon	93	STWS	14-05-2022	Regina

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Javelin 600g

Native Outdoor 52.30m Jul-27-94 Stephanie Proctor UNSK
 Open Outdoor 57.76m Jun-14-81 Tessa Sanderson GBR

41.24m	Nicole Kramchynsky	01	UNSK	14-05-2022	Aberdeen, SD
40.79m	Nicole Ostertag	00	STFC	15-05-2022	Ottawa
37.95m	Kira Comfort	02	STFC	10-06-2022	Saskatoon
34.05m	Alyson Edwards	00	UofR	10-06-2022	Saskatoon

Heptathlon

Native Outdoor 6808pts May-31-2015 Brianne Theisen-Eaton UNSK
 Open Outdoor 6808pts May-31-2015 Brianne Theisen-Eaton UNSK

5801pts	Nicole Ostertag	00	STFC	15-05-2022	Ottawa
	13.46 - 100mH/1.70m - HJ/ 11.86m - SP/ 25.02 - 200m 5.91m - LJ/ 40.79m - JT/ 2:18.16 - 800m				